



# Rosehouse Health & Wellness Center

October 2005

MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI
<b>3</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	<b>4</b> 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	<b>5</b> 8:15 - Exercise 9:30 - Exercise 1:00 - Games 1:00 - Poker	<b>6</b> 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	<b>7</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo
<b>10</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	<b>*11</b> 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games <b>1:00 - HORSESHOE TOURNAMENT</b>	<b>*12</b> 8:15 - Exercise 9:30 - Exercise <b>11:00 - HEALTH &amp; WELLNESS SEMINAR</b> 1:00 - Games 1:00 - Poker	<b>13</b> 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	<b>14</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo
<b>17</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	<b>*18</b> 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games <b>1:30 - CHAIR VOLLEYBALL TOURNAMENT</b>	<b>*19</b> 8:15 - Exercise 9:30 - Exercise <b>11:00 - HELP! I'VE FALLEN - NOW WHAT?</b> 1:00 - Games 1:00 - Poker	<b>20</b> 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	<b>21</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 1:00 - Games 1:00 - Bingo <b>2:00 - EQUIPMENT ROOM CLOSSES EARLY</b>
<b>24</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games	<b>25</b> 9:00 - Fun and Fitness 12:15 - Line Dancing 1:00 - Games	<b>*26</b> 8:15 - Exercise <b>9:30 - FLU SHOT CLINIC</b> 1:00 - Games 1:00 - Poker	<b>27</b> 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 1:00 - Games	<b>*28</b> <b>FALL DANCE</b> <b>1:00 - 3:00 PM</b>
<b>31</b> 8:15 - Exercise 9:30 - Exercise 11:15 - Yoga 12:30 - Bridge 1:00 - Games				



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**OCTOBER 2005**

- 11th HORSESHOE TOURNAMENT - 1:00 PM** - Sign up to participate in our FALL HORSESHOE TOURNAMENT. We've scheduled it in the afternoon so that those of you who play golf in the mornings won't miss out on the fun. **PLEASE PRE-REGISTER BY MONDAY, OCTOBER 10th.**
- 12th HEALTH & WELLNESS SEMINAR - 11:00 AM** - Kim Thurber, with LYNNCORE MED GROUP, will discuss new preventative programs that are currently available to you through your insurance. **PLEASE PRE-REGISTER BY TUESDAY, OCTOBER 11th.**
- 18th CHAIR VOLLEYBALL TOURNAMENT - 1:30 PM** - Join the fun and participate in our most popular tournament. **PLEASE PRE-REGISTER BY MONDAY, OCTOBER 17th.**
- 19th HELP! I'VE FALLEN - NOW WHAT? - 11:00 AM** - This short video, **FALLS AND RECOVERY**, will show how you can get up after a fall. After the video, you will be given an opportunity, if you wish, to practice getting down on the floor (Yes, you CAN do it!!) and then getting back up again (Yes, you can do that, too!!). We will use chairs and mats on the floor for the practice session. **PLEASE PRE-REGISTER BY TUESDAY, OCTOBER 18th.**
- 26th LGMC FLU SHOT CLINIC - 9:30 AM to 11:30 AM** - You MUST call to schedule your appointment to receive the Flu and Pneumonia shots. Bring your Medicare card with you.
- 28th FALL DANCE - 1:00 PM to 3:00 PM** - This year's Fall Dance is a "HOMECOMING DANCE". When you call to pre-register for the dance, tell Patrice which High School you attended and what the school colors are. Light refreshments will be served. **PLEASE PRE-REGISTER BY MONDAY, OCTOBER 24th.**



## Rosehouse Notes

120 Statesman Drive  
Lafayette, LA 70506

**291-5444**

### SUMMER EXERCISE CLASS SCHEDULE

8:15 AM - 9:15 AM ..... MWF .... Modified (Low-Impact) Aerobics  
(No registration or fee)  
9:30 AM - 10:30 AM ..... MWF .... Low-Impact Aerobics  
11:15 AM - 12:15 PM ..... MW ..... Yoga  
9:00 AM - 10:00 AM ..... TTh ..... Fun and Fitness  
(Chair Exercise - No Registration or fee)

You must be 55 years or older to sign up for the ULL Exercise Classes and have a medical release form signed by your physician and on file at the Rosehouse. Medical release forms may be picked up at the Rosehouse.

**BEGINNERS LINE DANCING CLASS** - 10:00 AM - 11:00 AM - Thursdays  
We are using a videotape to learn basic line dancing as well as some other fun dances - The Train, The Hustle, Macarena and Cotton Eye Joe to name a few. There is no fee or registration for this class.

### LINE DANCING CLASS.

12:15 PM - 1:15 PM ..... Tuesdays

### MARK YOUR CALENDAR:

#### **Connections for Independent Living**

"A Health and Information Fair for Elders and Caregivers"  
Tuesday, November 8, 2005 from 9:00 AM to 1:00 PM  
Heymann Performing Arts and Convention Center in Lafayette

**Each month, we will feature a different tournament that will be in the 2006 Senior Olympics.** If you have never played them before, we will have the official rules available for you to pick up. When possible, we will have the equipment here so that you can practice ahead of time. Team games (such as Beanbag Baseball) will need a captain so get your teams ready and start practicing!

**DID YOU KNOW...**A recent study, conducted by Harvard University researchers, concludes that seniors who remain socially active by playing cards, bingo, etc., dining with friends, taking day trips, attending church or doing volunteer work live an average of 2-1/2 to 4 years longer than those with reclusive lifestyles.

**ATTENTION!!!** - Web address to access our calendar:

**<http://www.lafayettela.gov/cd/dpt842seniorcenter.asp>**